



# Valentine's Day Luncheon with Nurse Steve

Thursday, February 12  
Noon

## **Lunch menu:**

tossed salad, prime rib, green bean casserole,  
baked potato, cherry pie  
(Sign-up by Thursday, February 5, \$4.80 Regular meal cost)

## **Nurse Steve's talk:**

How do I exercise my brain to stay at the top of my game?  
A discussion on brain health, forgetfulness, dementia, and  
memory impairment.

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## **Urbana Senior Center**

**9020 Amelung Street, Frederick, MD 21704**

(located on the lower level of the Urbana Regional Library)

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